



CHELSEA  
HEALTH CLUB & SPA

MENU

## BREAKFAST

### Build Your Own Breakfast

**Burn:** 2x Proteins, 2x Vitamins

**Balance:** 2x Proteins, 2x Vitamins, 1x Carb

**Build:** 2x Proteins, 1x Vitamin, 2x Carbs

### Proteins

**Scrambled Eggs, Poached Egg or Boiled Eggs** – 1.00 GF, V

**Omelette or Egg White Omelette** – 2.00 GF, V

**Smoked Mackerel** – 5.00 GF

**Grilled Bacon** – 2.50 GF

**Classic Oak Smoked Salmon** – 5.00 GF

### Vitamins

**Avocado** – 3.00 GF, V, VG

**Chestnut Mushrooms** – 2.00 GF, V, VG

**Oven-fired Plum Tomatoes** – 1.50 GF, V, VG

**Red or Green Pepper with Onions** – 1.50 GF, V, VG

**Wilted Spinach** – 3.00 GF, V, VG

**Kale** – 3.00 GF, V, VG

### Carbs

**Baked Beans** – 2.50 GF, V, VG

**Multi-grain Bagel with Preserves** – 3.00 V, VG

**2 Slices of Toast and Preserves** – 2.50 V, VG

### Juices (small/large)

**Daily Detox** – 5.00/6.50

Tumeric, cucumber, apple, celery, ginger, lemon and lime juice

**Be Fresh** – 5.00/6.50

Spirulina, ginger, apple, pineapple, kale, lemon juice

**Double Detox** – 5.00/6.50

Carrots, apple, orange, ginger, beetroot

**Power Charger** – 5.00/6.50

Carrots, apple, ginger, orange

### Smoothies (small/large)

**Blueberry Explosion** – 5.00/6.50

Blueberries, apple, lime, carrots, chia seeds

**Cinnamon Shake** – 5.00/6.50

Cinnamon, spinach, banana, tahini, quinoa flakes, dates

**Berry Bliss** – 5.00/6.50

Acai, banana, raspberries, strawberries, hemp seeds, almond milk

**Almond Berry** – 5.00/6.50

Chia seeds, banana, blueberries, strawberries, almond milk

**Exotic Garden** – 5.00/6.50

Pea protein, pineapple, mango, kiwi, strawberries

**Green Toner** – 5.00/6.50

Avocado, celery, kiwi, apple, kale, chia seeds

### Juice Shots

**Turmeric and Orange** – 2.50

**Ginger and Apple** – 2.50

**Beetroot and Lemon** – 2.50

### Coffees and Tea

Kimbo BIO Organic & FairTrade is the new refined blend of the finest quality beans.

Made up of washed Arabica and natural Robusta, both holding FairTrade and Organic certification. From a light roast and intense aroma, Kimbo Bio has a strong floral aroma, with a flavour of almond and a hint of spice. The combination gives a definite sweetness to the espresso and a great balance

**Flat White** – 3.00

**Americano** – 2.80

**Latte** – 2.80

**Cappuccino** – 2.80

**Mocha** – 3.00

**Espresso** – 2.20

**Double Espresso** – 2.60

**Macchiato** – 2.70

**Iced Coffee** – 3.50

**Speciality Teas** – 2.70

**Homemade Iced Tea** – 3.50

**With Your Choice of Milk:**

Full fat, semi-skimmed, skimmed,

Almond – 0.30

Coconut – 0.30

Soya – 0.30

Allergen information available on request. Calorie count is an average per meal.

GF– Gluten Free V – Vegetarian VG – Vegan

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## MAINS

### Malaysian or Katsu Curry

All served with sticky coconut rice, crackers, coconut, chilli and coriander salad with a choice of

**Tiger Prawns – 15.00**

**Chicken – 14.00**

**Turkey – 14.00**

**Tofu – 13.00 v**

### Wok

Egg noodles, pak choi and shiitake mushrooms with a choice of:

**Tiger Prawns – 15.00**

**Chicken – 13.00**

**Turkey – 13.00**

**Tofu – 13.00 v**

**Chilli, Lime and Ginger Salmon – 15.00 GF**

Served with stir-fried vegetables, cherry tomato salsa, steamed brown rice

## Wraps

**Argentinian Spiced Chicken Breast**

**Tender Strips of Mexican Spiced Beef**

**Cuban Pepper Spiced Turkey**

All served with pepper and red onion in a soft wheat bran tortilla wrap with natural yoghurt, Cheddar, guacamole and tomato salsa, finished with Our Chelsea Club side salad – **12.00**

**Roasted Vegetables and Feta Cheese**

Aubergine, courgette, red onion, baby corn, peppers and Greek aged feta cheese in a soft wheat bran tortilla wrap with natural yoghurt, guacamole and tomato salsa, finished with Our Chelsea Club side salad – **9.00 v**

**Falafel Wrap**

Falafel, spinach, gem heart lettuce, red onion, avocado, tomato, coriander and mint mayo – **10.00 v**

## Burrito

(Quinoa or Brown Rice)

**Argentinian Spiced Chicken Breast**

**Tender Strips of Mexican Salty Beef**

**Cuban Pepper and Lemon Infused Turkey**

All served with pepper and red onions in a toasted wheat bran tortilla wrap with natural yoghurt, brown rice, black beans, mozzarella, guacamole and tomato salsa, finished with Our Chelsea Club side salad – **12.00**

**Roasted Vegetables and Feta Cheese**

Aubergine, courgette, red onion, baby corn, peppers and Greek aged feta cheese in a toasted wheat bran tortilla wrap with natural yoghurt, black beans, mozzarella, guacamole, tomato salsa – **11.00 v**

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## Salads

**Muscle Builder – 12.00 GF**

Grilled chicken, bacon, avocado, sweet potato, cherry tomatoes, red onions, Cheddar and baby leaf salad, honey and mustard dressing

**Chicken Caesar – 12.00**

Chargrilled Argentinian spiced chicken breast, romaine and gem heart lettuce, toasted sourdough baguette, anchovies, parmesan and slow poached free-range hen's egg, SW6 Caesar dressing

**Salmon, Halloumi and Greens – 15.00 GF**

Poached salmon fillet, halloumi, avocado, edamame beans, pine nuts and plum tomatoes served on a bed of baby spinach leaves, yoghurt mint sauce

**Tuna Niçoise – 13.00 GF**

Tuna loin, fine beans, Kalamata olives, new season potatoes, red onion and soft boiled free-range hen's egg on a bed of gem lettuce, Sicilian lemon oil, oregano

**Warm Cracked Falafel Salad – 12.50 GF, V**

Falafel, roasted sweet potato and pumpkin, walnuts, baby spinach leaves and house pickled red cabbage served with your choice of hummus or a mint yoghurt sauce – (This can be made Vegan)

**Club Salad – 13.50**

Chargrilled English chicken breast, avocado, seasonal salad, baby spinach leaves, parmesan, toasted sea salt and cracked pepper, sourdough croûtes with a honey, lemon and grain mustard dressing

**Quinoa Salad – 11.00 GF, V, VG**

Edamame beans, cannellini beans, pomegranate seeds, avocado, red onion, courgette, aubergine, peppers

## Build your own

### Proteins

**Chicken – 6.00 GF**

**Turkey – 6.00 GF**

**Salmon – 5.00 GF**

**King Prawns – 6.00 GF**

**Sirloin Steak – 10.00 GF**

### Carbohydrates

**Quinoa – 3.00 v, VG**

**Sweet Potatoes – 3.50 GF, V, VG**

**Rice – 3.50 GF, V, VG**

### Vegetables

**Broccoli – 2.50 GF, V, VG**

**Courgette – 2.50 GF, V, VG**

**Edamame Beans – 3.00 GF, V, VG**

**Avocado – 3.00 GF, V, VG**

**Carrots – 2.50 GF, V, VG**

**Spinach – 3.00 GF, V, VG**

**Fine Beans – 2.50 GF, V, VG**

**Tomatoes – 2.50 GF, V, VG**

**Kale – 3.00 GF, V, VG**

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## Energy Bowls

### Classic Chickpea Falafel – 6.00 GF, V

Handmade and served with house pickled vegetables and tzatziki on a bed of baby spinach leaves

### Green Bowl – 8.00 GF, V, VG

Kale, miso, tofu, edamame, ginger, radish, carrot, sweet potato, ponzu dressing

### Mexican Salmon – 12.50 GF

Chilli salmon flakes, smashed avocado, lime, red onion, cucumber, coriander, lime and chilli mayo

### Sushi Bowl – 10.00 GF

Raw soy and sesame oil tuna, sushi rice, red onion, radish, carrot, coriander and seaweed flakes, wasabi mayo

### Chimichurri Chicken – 11.00 GF

Chimichurri chicken, sticky rice, red onion, carrot, radish, kimchee cucumber and coriander, hot sauce dressing

### Shoyu Ahi Tuna – 12.50 GF

Yellowfin tuna, sushi rice, red and green onions, coriander, pickled radish, red cabbage, carrot, yuzu dressing

### Californian Salmon – 12.50 GF

Seared salmon, red quinoa, smashed avocado, tomatoes, chillies, red onion, chipotle, lime and coriander dressing

## Soup of the Day

Served with your choice of bread – 5.00 v, vg

## Sides

### Seasonal Vegetables – 3.50 GF, V

### Chelsea Club Side Salad – 3.50 GF, V, VG

### Sweet Potato Wedges – 3.00 GF, V, VG

### Spinach – 3.00 GF, V, VG

### Avocado – 3.00 GF, V, VG

### Brown or White Rice – 3.00 GF, V, VG

### Red or White Quinoa – 3.00 GF, V, VG

### Guacamole – 3.00 GF, V, VG

### Hummus – 2.50 GF, V, VG

## BREAKFAST

### Omelette – Choice of 3 Toppings – 7.00

Grilled bacon, Cumberland sausage, chestnut mushrooms, tomatoes, red onion, mixed peppers, kale or spinach

Additional items available to order with omelette

Salmon 50g/ Parma Ham 50g – 3.50 GF

### Chilli Avocado on Toast – small 7.00 / large 10.50 v, vg

### Bacon, Halloumi, Avocado and Egg on Toast – small 8.00 / large 12.50

### Choice of Spelt, Buckwheat or Chia Protein Pancakes – 7.50 v, vg

### Full English – 10.50

Oven-fired Cumberland sausage, English back bacon, vine tomatoes, mushrooms and Heinz baked beans, served with your choice of two free-range eggs

Add your choice of toast for supplement

## Breakfast Super Bowls

### Overnight Bircher – 5.00 v

Muesli, almond milk, organic oat flakes, Granny Smith apple, Medjool dates, pomegranate seeds

### Nut and Seed Granola – 5.00 v

Layers of organic English natural yoghurt, mixed berries, blossom honey, house nut seed granola mix

### Organic Oat Porridge – 4.50 v

Cinnamon, banana, blueberries and blossom honey – made with your choice of milk

### Fresh Fruit Salad – 5.00 GF, V, VG

Seasonal mixed fruit – add yoghurts or nuts for supplement